

SN	Strength & Conditioning equipments for KISCE			
	Worth 50 Lakhs			
	Equipment Name	Quantity	1 Unit Price	Amount
1	Treadmill	1	450000	450000
2	Exercise bikes -up right	2	65000	130000
	Plate Loaded systems			
3	T - Bar Row	1	100000	100000
4	45-degree Leg Press	1	175000	175000
5	Leg Extension	1	150000	150000
6	Standing Leg curl	1	150000	150000
7	Calf	1	90000	90000
8	Incline Press	1	150000	150000
9	Biceps	1	175000	175000
10	Shoulder Press	1	150000	150000
11	Cable cross over pulley	1	300000	300000
	Benches and Racks			
12	Power Rack -full heavy duty with locks	3	250000	750000
13	Adjustable Bench	2	50000	100000
14	Flat Bench	4	25000	100000
15	Olympic Incline Bench	1	100000	100000
16	Leg Raise Dip	1	70000	70000
17	Crunch Bench	1	40000	40000
18	Lower Back Bench	1	40000	40000
	Free Weights			
19	Professional Bar weight lifting bar with locks	6	15000	90000
20	Olympic Training Plate sets (1 to 25 kgs) (350 kg) x 180 INR	6	80000	480000
21	Dumb bells set (1,2,3,4.....20 kg)x 350kg x 180INR	1	80000	80000
22	Dumb bell rack 3 tier	1	40000	40000
23	Kettle Bell (4,6,8,.....20 kg) 350 kg x 300 INR	1	200000	200000
24	Angles professional Bar	2	12000	24000
25	Fitness Bar 2010 mm	5	9000	45000
26	Fitness Bar 1500 mm	5	6500	32500
27	Fitness bar weight plate iron - 0.5 kg to 20 kg (100kg x 200 INR)	6	20000	120000
28	barbell bars stand	1	12000	12000
29	Plyometric - boxes 12, 18, 24, 30, 36, ...72 in	2	150000	300000
30	Jumping ladder	3	2000	6000
31	weight jacket - 20 kg	5	15000	75000
32	tube varied intensity – heavy duty	3	5000	15000
33	Medicine ball- varied weight (1,2.....10 kg) Rubberised	2	30000	60000
34	power rope	2	10000	20000
35	Bosu Ball	5	1500	7500
36	Swiss ball (55,65,75 cms) x 5 set	5	8000	40000
37	Exercising mats 6x 2'	10	400	4000
38	Theraband - different intensity each intensity -5 pack	5	5000	25000
39	Trampoline	5	5000	25000
	Total			4921000
			GST @ 18%	885780
			Grand Total	5806780

Sl. No.	Physiotherapy Equipments			Amount (In INR)
	Equipment Name / Specification	Quantity	Cost (In INR)	
1	Combination Therapy equipment with electrotherapy and ultrasound	1	150000	150000
2	Ice making Machine (50 KGS) with RO	1	160000	160000
3	2 Section motorized Treatment couch	1	50000	50000
4	Extra Corporeal Shockwave Therapy Unit	1	700000	700000
5	High Power Laser Unit	1	900000	900000
6	Portable Ultrasound	1	55000	55000
7	Rehab and Wellness Station/Thera Band Station	1	250000	250000
8	2 Channel Heat Therapy Unit with Vibration + Magnetism	1	850000	850000
	Total			3115000
			GST @ 18%	560700
			Grand Total	3675700

